

IN THE CLAIMS:

Please replace all previously pending claims with the listing of claims set forth below:

1. (Currently Amended) ~~Device-A~~ device to carry out physical exercise that comprises comprising:

a double-sided support-(1), with one upper side and one lower side, one of which is considerably rigid and the other of which includes an inflatable flexible element-(3), and

resting means for the support that ~~allow-allows~~ users to carry out aerobic and cardio exercises and to work on their physical condition in general using the considerably rigid side,

wherein said inflatable flexible element (3)has a rectangular base and a is slightly dished upper side on which the user stands and in that said inflatable flexible element (3) allows users to carry out balance, proprioception proprioception and coordination exercises and

wherein said resting means are feet that rotate about the support and about a horizontal axis to allow the user to alternate between the upper side and the lower side to when standing on it, so that the device allows users to work on both the areas of aerobic and cardio and the areas of balance, proprioception proprioception and coordination.

2. (Cancelled)

3. (Currently Amended) ~~Device-The device~~ according to claim 1, wherein said inflatable flexible element (3) is detachable and is joined to the support (1) by joining means.

4. (Currently Amended) ~~Device-The device~~ according to claim 1, wherein said considerably rigid side comprises a contact platform (4) joined to the support (1) by joining means.

5. (Currently Amended) ~~Device~~The device according to claims Claim 3 wherein said joining means comprise a housing (2), which ~~accommodate~~ accommodates said inflatable flexible element (3).

6. (Currently Amended) ~~Device~~The device according to claim 5, wherein said housing (2)-comprises means (7)-to set the position of said inflatable flexible element (3).

7. (Currently Amended) ~~Device~~The device according to claim 5, wherein said inflatable flexible element (3)-comprises means (8,10)-to set its position in said housing (2).

8. (Cancelled)

9. (Currently Amended) ~~Device~~The device according to claim 1, wherein said inflatable flexible element (3)-comprises the area of a base that is the thickest or has the highest density~~more density or thickest area of the base~~.

10. (Currently Amended) ~~Device~~The device according to claim 1, wherein said inflatable flexible element (3),~~being inflatable~~, comprises supports (18) on its base.

11. (Currently Amended) ~~Device~~The device according to claim 3, wherein said inflatable flexible element (3)-comprises a platform joined to the base.

12. (Currently Amended) ~~Device~~The device according to claim 2 1, wherein said support comprises gaps (14)-to partially scramble said feet (5).

13. (Currently Amended) ~~Device~~The device according to claim 1, wherein said support (1)-comprises means (11)-to fix elastic bands for exercises entailing toning up muscles, body building, and rehabilitation.

14. (Currently Amended) ~~Device~~The device according to claim 4, wherein said contact platform (4)~~is manufactured in~~ is made of a point-elastic material that is capable of absorbing and restoring energy.

15. (Currently Amended) ~~Device~~The device according to claim 1, wherein said device comprises means (21) to regulate its height.

16. (Currently Amended) ~~Device~~The device according to claim 1, wherein said support (4) and said feet (5) comprise means (12) to hold and handle said device.

17. (Currently Amended) ~~Device~~The device according to claim 1, wherein the inflatable flexible element (3) comprises means (20) to hold and handle it said device.

18. (Currently Amended) ~~Device~~The device according to claim 1, wherein said inflatable flexible element (3), being inflatable, comprises at least one valve (19) to modify interior pressure~~the pressure inside it~~.